

# The Carswell Field **FLYER**

May/June Vol 6 | Issue 3

Texas Air National Guard | Fort Worth, Texas



## Integrity first...

### Doing our best



Setting our goals  
101 critical days of summer  
Sequestration, how it affects our military

Stories in this issue...read on.



# Commander's Comments

## Welcome to June UTA



**Col. John J. Conoley III**  
136 AW Commander

Welcome to June drill! We are officially in the midst of our 101 critical days of summer and we are off to a great start. We are also off to a great start with our self-inspection cycle. Col. Holt, our CUI Warlord, was able to generate good participation with MICT by all units. As I mentioned last month during the Commanders Call, if you are not familiar with MICT, you will be. MICT is the latest web-based system of record for documenting our compliance and provides visibility throughout the Wing and Higher Headquarters on our progress. I also mentioned that I needed everyone's help if we were to be successful during the CUI next May. Specifically, what I need help from each and every person in the wing is **ownership** - if you have a program that is graded, **you own it**.

What does ownership mean? It means that if your program is not where it should be, do not cover it up! Bring the deficiency to the forefront and come up with an action plan to fix it. If needed, involve your chain of command. Ownership also includes educating your customers. If you own a process, make sure everyone understands it. We are one team that has

one goal in mind – **Success!**

On another note, we go through a lot of effort to communicate with each and every one of you regarding happenings around the wing. We put together this newsletter every other month, maintain a robust Facebook page that is updated at least daily, and use broadcast e-mails when warranted. If you have a new idea on ways we could better communicate, I am open to your feedback and suggestions. The better informed you are, the more likely you will know about upcoming events, opportunities, and changes that may affect you.

Again, welcome to June drill. Let's make it a fun one!



U.S. Air National Guard Senior Airman Jared McGregor demonstrates to his supervisor Staff Sgt. Nolan Fairbanks, both from the 221st Combat Communications Squadron, how to operate the power generators during an Operational Readiness Exercise at Hensley Air Guard Station, Dallas, Texas, June 11, 2013. (Air National Guard photo by Staff Sgt. Ebony Daughtry/Released)

The Carswell Field  
**FLYER**  
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**AIR NATIONAL  
GUARD**

Cover Photo by  
Senior Master Sgt. Elizabeth Gilbert  
136th Airlift Wing/Public Affairs

# Setting **our** goals

Commentary by Major Kyle Kovarik  
136th Logistics Readiness Squadron

In the fall of 2009, I started to fall out of shape. It wasn't due to any one thing in particular. My physical fitness program had never been really well defined, but I would always try to run or hop on an elliptical trainer a couple of times a week. And my diet has always been somewhat mediocre (I have a personal distaste for vegetables that I try to compensate for by drinking V-8 Fusions).

My daughter was born in June of 2010, and by that fall I had put on a couple extra inches and my fitness score had dropped a good seven points. At first, I joked with friends about it being sympathy weight that I had added on during my wife's pregnancy. Then came the holidays and they helped me pack on a few more extra pounds. In January of 2011, I stepped on the scale. It wasn't really a New Year's resolution which prompted it, it was more like morbid curiosity. I clocked in at 220 pounds (I like to consider my goal weight to be about 175).

Shortly after this revelation, I headed off to Wichita Falls to attend a four week

course. I tried to use this as an opportunity to start getting myself back into shape. Again, I had no real goal and no real plan ... the outcome of which was no real results. I went back home from Wichita Falls and life got busy; I'd accepted the position I have now as the Director of the Logistics Readiness Squadron, had to sell my house in Iowa and move my family back home to Texas.

When I arrived here in May of 2011, I told myself that I would incorporate my physical training time into my schedule; the gym and pool are

conveniently located, and I had no excuse not to make use of them. By July, I'd managed to at least reign in my weight, and was back down to about 210. But, I still didn't have a plan or a goal other than to lose a few pounds and pass my fitness test.

At this point, one of my friends recommended that we do a triathlon together. I started thinking about it and did some online research about triathlons. It took me about a month to de-

cide to train for the

'May 2012 Capital of Texas' Olympic Distance Triathlon'. To start, I downloaded a free 20 week training plan from the internet and basically cut it in half. My runs and swims were only 15 minutes long and my bike session was on a trainer at the gym for 30 minutes getting progressively longer over the next 20 weeks. Regardless, at the end of the 20 weeks, I started to think I could actually finish a triathlon. I started looking at buying a bike and everything else that I felt I would need for the event. Not really knowing what I was doing, I spent a lot of money on the wrong stuff. However,

in January, I started the same plan over again at full strength, beginning with 30 minute run/swims and 60 minute bike rides.

I got to Austin for the Cap-TexTri, and my training buddy had not done a single day of

training. I was going solo and was a little bit overwhelmed by the logistics of it all.

The swim was a

1500 meter swim. When it began, I wasn't really ready for it mentally or even to a degree, physically. I managed to fin-

Goals continued on page 4



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ish in 38 minutes, well behind the majority of the other military members who were participating in the event. For the bike ride I did okay, clocking out the 40 kilometers in 1:25 minutes (averaging 17.5mph). By the time I started the 10K run, I was exhausted. But, I managed to finish it in just over an hour for a total finish time of 3:17. I finished last but I achieved my goal of finishing alive.

It was at this point I did something really stupid; I decided to sign up for the Ironman. A cursory search of the internet revealed the website for Ironman Texas. "Conveniently located" was the thought running through my mind. In June of 2012, they opened up for registration with a bargain admission price of \$600 bucks and I jumped in; though my wife was quickly becoming less enthusiastic about the whole concept.

I had time to plan. I put together a half-Ironman training plan and completed it, mostly while on temporary duty to San Antonio for my Logistics Readiness Officer course.

The plan ended in November and I was down to 175 and feeling confident. I took November and December off to "rest" and take the family on vacation to Hawaii and enjoy the holidays. When we got home and I was ready to get back to the business of training, I stepped back on the scale and realized that in a short two months' time I was clocking in at just under 200 pounds again. \*(&%\$#^@ was all I could think).

January first rolled around, and it was time to get serious. I had 20 weeks to not only get back in shape but also to get into the best shape of my life. The plan

called for three swims, three runs and three bike rides a week. It started with about 10 hours of PT a week and gradually worked its way up to 20 hours right around the time my son was born (April 1st). To make the schedule work, I combined my lunch and PT time together, and when the workouts called for more time, I burned some leave here and there. I fit in my long bike rides (some up to 8 hours) on the weekends, and tried to get my swims done while the wife and little ones were napping. I missed a few workouts, but I tried to keep myself honest and, as I'd done from the beginning, logged every workout into my excel spreadsheet.

**"Set a goal for yourself  
and be proud not of your  
accomplishments, but of  
what you are aspiring to  
achieve."**

When I finally left home to go to the Ironman I was fairly certain I could survive, but there was definitely a bit of doubt in the back of my mind. I arrived and started getting ready two days ahead of time. There were some last minute purchases: a white hat for running instead of the black one I'd been using due to the 90 degree weather that was expected, and some clear goggles in case there was overcast weather during the swim. I also put down a couple hundred bucks to rent race wheels to give myself a bit of extra speed on the bike, just to help me feel confident that I could get it all done

in under 17 hours.

On race day, I started off great. I completed the 2.4 mile swim in 1:36 minutes, followed by a fairly quick transition to the bike ride, where I managed to maintain an average 17mph speed for the 112 mile course. By the time the marathon started though, I was dehydrated from the heat and hurting. I was definitely slow, and every time I tried to run my ankle wanted to roll out on me, so I kept on at a very slow but deliberate pace. By the halfway point, I had developed blisters so badly that it felt like they covered the entire bottoms of my feet. I decided to stop at the aid station where they applied second skin and taped my feet. I kept going. That night, a little bit before 11 p.m., I finished what I set out to do. With a finish time of 15:42, I finally crossed the finish line.

Thinking back on the past two years, I know the only reason I was able to do it was because I told everyone that I was going to do the Ironman. It wasn't that I'm athletic. I think anyone can finish the Ironman, and probably do it with a lot less training than I did. I think I was successful because of the accountability factor; because I set a goal and I said it out loud. Loud enough so that my friends and family knew what I was trying to do and I just hoped that a few of them would take enough interest in the absurdity of my goal to keep me motivated to try and finish. I suppose that's the one thing I'd like to see more people do, including my friends and family. Set a goal for yourself and be proud not of your accomplishments, but of what you are aspiring to achieve.

## The 136th Airlift Wing is on Facebook!!

Visit the link below to "like" us...You don't even have to "friend" us to receive Wing updates for community events, discount tickets, free items such as sporting events, giveaways, special events, and photos of 136 AW Airmen in action. Stay tuned for inclement weather base closure information - now on Facebook.

<http://www.facebook/136AW>



# Change of Command

## 136th Operations Group



**NAS FORT WORTH JRB, Texas--** A Change of Command for the 136th Operations Group, was held Saturday, April 27, 2013 here with Col. Christopher G. McGraw relieving Col. George W. Holt of the group command.

Prior to accepting his position as group commander, Col. McGraw relinquished his command of the 181st Airlift Squadron to Lt. Col. Robert Belwood.

Col. McGraw assumes the position as the Commander of the 136th Operations Group, 136th Airlift Wing, Texas Air National Guard.

He will be managing all Air Force flight operations within the group to include the 181st Airlift Squadron.

Shortly after accepting command of the squadron Lt. Col. Belwood departed for his deployment to Southwest Asia.



**Col. Christopher G. McGraw**  
136 OG Commander



**Lt. Col. Robert Belwood**  
181st Airlift Squadron Commander



(Air National Guard photos by Airman  
Cody Witsaman/Released)



Left - 136th Airlift Wing leadership visits the 221st Combat Communications Squadron during their homestation Operational Readiness Exercise June 11, 2013 at Hensley Air Guard Station, Dallas, Texas. (Air National Guard photos by Senior Master Sgt. Elizabeth Gilbert/released)



**136th Airlift**  
Ft. Worth, TX Wing



# Future Replacements

by Senior Master Sgt. Elizabeth Gilbert  
136th Airlift Wing Public Affairs

## NAS FORT WORTH JRB, Texas

- For the past few months we have had several Junior Reserve Officer Training Corps visit the 136th Airlift Wing to learn about our Wing's operations. Many of the students were Seniors contemplating on their next goal in life. We hopefully have given them some insight on what they can expect in the military.

More than 240 JROTC students from Fort Worth ISD toured our facility here with much enthusiasm. As they stepped off their bus, they quickly went into their formation and proceeded to show their gratitude to the members of our Wing. They started with their ceremonial marching movements and chanting at the top of their voices.

They marched to the hangar shouting cadence as they made their way to the C-130H aircraft, where several maintainers and flight crew personnel awaited to give them insight on the operations of the aircraft. There was much curiosity and gratitude from the students as they eagerly boarded the C-130.

It takes tedious coordination and a willingness to share our experiences with future replacements to our Wing.

The flexibility of the personnel involved with the tour was exceptional and evident, stated (Ret) Col. Russ Malesky,



**240 JROTC students from Fort Worth ISD toured the Naval Air Station Fort Worth Joint Reserve Base, Texas, with the C-130H aircraft as the highlight of their visit during their summer camp leadership challenge course, June 14, 2013. (Air National Guard photos by Staff Sgt. Ebony Daughtry)**

senior JROTC instructor. "You succeeded in showing more than 240 Cadets and their instructors eye-opening and insight-creating operations stemming from Air Traffic Control, the Fire Department to the operational mainstay of the 136th Airlift Wing; tours of not one, but two C-130 Aircraft."

Giving a tour takes several hours out of our busy schedule, but well worth the returns, even if we only get one recruit

from the JROTC. Our future replacements could very well be one of the students, an investment well worth our time.

"I'll leave you with this quote one of our cadets stated as he walked up the ramp of The Spirit of Texas, a C-130H2 Hercules aircraft," said Malesky, "Wow, I've never been this close to a real airplane, I still cannot believe something this gigantic can fly!"

Malesky was very grateful for all our efforts in putting this tour together as he stated in his closing remarks, "Thanks to you he now knows this as do many others know so much more about your profession and what goes into our national security. The visits around JRB, to include MREs at the pavilions on the Lake was a highlight of our 2013 JROTC Cadet Leadership Challenge summer camp."







It's business as usual on the flightline at Naval Air Station Fort Worth Joint Reserve Base. Sequestration will not affect the Wing's readiness to support our State and Federal missions. (Air National Guard photo by Senior Master Sgt. Elizabeth Gilbert)

# Sequestration blues

by Senior Master Sgt. Elizabeth Gilbert  
136th Airlift Wing Public Affairs

**NAS FORT WORTH JRB, Texas-** Sequestration in the Wing takes affect this July 2013 and will last till the end of the fiscal year. More than half of the full time force within the Wing will be affected by the furloughs.

"The Department of Defense has directed the Texas Army and Air National Guard to institute furloughs for both military technicians and non-military technicians who are employed to prepare the Texas National Guard for state and federal missions," said U.S. Army Col. Amy F. Cook, state public affairs officer.

Notices were distributed May 30, 2013, to the full time technician force within the Wing.

"Affected employees and furloughs will begin by the first week in July unless Congress overrides the sequestration provision in the federal budget or provides local, budget-management flexibility," said Cook.

When in effect, the technician force will be furloughed in an unpaid status for 11 non-consecutive days between July and September, reducing their pay by 20 percent.

The furloughs do not impact the traditional force who drill two days a month nor does it effect military readiness stated State officials.

"The components of the Texas Military Forces operate in a fiscally responsible fashion — with both our state and federal resources," says Maj. Gen. John F. Nichols, The Adjutant General of Texas. "Regardless of personnel constraints imposed at the national-level, we stand ready to support the Governor of Texas during any time of need."

There are many resources available to help those affected by the furloughs. The Wing is mitigating the impact as much as possible and minimizing the effects to furloughed employees.

## Disciplinary Actions

**136 MDG**

1 LOR

**136 AMXS**

1 LOR - Fitness failure

1 LOR - Misuse of GTC

## Noteable Quote

It's not whether you get knocked down, it's whether you get up.

~Vince Lombardi



# Around the **Wing**



Promotion  
**Colonel  
Christopher G. McGraw**

When: April 27, 2013  
136th Operations Group  
Commander



Promotion  
**Chief Master Sgt.  
Bryan T. Craft**

When: April 27, 2013  
136th Maintenance Squadron  
Superintendent



Farewell  
**Master Sgt.  
Jennifer Elmore**

When: June 2013  
136th Maintenance Squadron

If you have an announcement please submit to  
[136AW.PA@ang.af.mil](mailto:136AW.PA@ang.af.mil)



# THE HAPPENING

The 531st Air force Band, Woodwind Quintet performed classical music at a local Fort Worth school while JROTC came to visit our Wing. A bbq at work will always boost morale and promotions could hurt as they tack (punch) the stripes on the arms. (Air National Guard photos by Senior Master Sgt. Elizabeth Gilbert, Master Sgt. Charles Hatton, Airman Cody Witsaman)





# The Work Place

Airmen from the Wing are everywhere. Their work place ... wherever they show up to do what they do best, they represent the Texas Air National Guard with pride. (National Guard photos by Senior Master Sgt. Elizabeth Gilbert, Master Sgt. Charles Hatton and Airman Cody Witsaman)



**136th Airlift**  
Ft. Worth, TX Wing



# Health, **Nutrition** and Fitness

## Play it **safe** during the 101 days of summer

Commentary by Tech Sgt. Rikki Johnson  
136th Force Support Squadron/Services Flight

As we have ushered in the start of the 101 critical days of summer, we want to remind you that your personal safety is of the utmost importance. While the summer is an opportunity to be outdoors and have tons of fun working on our summer to-do lists we need to put safety in the forefront.

This time of the year is marked with summer vacations, recreational activities, Memorial Day, Independence Day and Labor Day; all of which people may barbecue, play outdoor games and enjoy an alcoholic beverage or two. Unfortunately, statistics show this time of year there is an increase in automobile accidents of which a third end in fatalities where the driver has a blood-alcohol level of .08 or higher.

While there are more safety-related

concerns than automobile accidents in this part of Texas, it is already something we deal with on a consistent basis. Please be responsible and plan ahead if you will be drinking and be aware of drivers

**“Enjoy your summer to the fullest, but be wise about the decisions you make for yourself and enforce the wingman concept”**

around you. Do not compromise your life or the life of someone else because you did not have a designated driver. Call your wingman and be available as a

wingman to help out a buddy if you see they need it.

We tend to be more active in the summer months by spending more time outdoors. Know your limits and recognize the symptoms of heat-related injuries such as heat stroke and heat stress. Some symptoms to look for would be fatigue, profuse sweating, extreme thirst, muscle cramps and nausea. In Texas, we experience hot humid days so monitor your outdoor time, wear sunscreen and drink plenty of non-caffeinated, non-carbonated drinks. Enjoy your summer to the fullest, but be

wise about the decisions you make for yourself and enforce the wingman concept by watching out for others.

## Are you **Pregnant?**

Important Information for Your Pregnancy  
136 MDG Public Health Office

Many factors affect the health of the unborn child. Exposure to these factors may lead to premature death of the fetus or birth defects. Adverse influences to the unborn child include smoking, drinking alcoholic beverages, and a poor diet. Also, environmental factors such as excessive exercise, heat, and lead or radiation exposure in the workplace may have detrimental effects on an unborn child. Infectious diseases such as German measles, food poisoning, or toxoplasmosis (from cat litter boxes and undercooked pork) may also damage the fetus.

The first three months of a pregnancy are the most sensitive to the aforementioned environmental and disease threats because that

is when the cells are multiplying the fastest and are most susceptible. This is the reason early education and profiling is so important at the earliest date of pregnancy detection.

When a member of the 136th Air Wing realizes that she is pregnant, she is required to notify her supervisor and report to Public Health as soon as possible. It is important that she bring documentation of pregnancy from her primary care provider or OB/GYN, which includes the estimated date of delivery.

Any questions concerning your pregnancy or scheduling an appointment may be directed to the 136th Public Health office at x3713.

A 136th Air Wing member must report a confirmed pregnancy to allow her unit to

accurately report operational and readiness capability, as well as to assess the member's work environment for potential hazards. Each pregnancy must be verified with written confirmation from the member's primary OB provider and include the estimated date of delivery.



# Your role in Suicide **prevention**

Commentary by Ms. Brenda Roland  
136th Airlift Wing WDPH

What can I do as an individual?

1. Understand the importance of suicide prevention.
2. Identify members who may be at risk for suicide.
3. Respond to members who may be at risk for suicide.
4. Be prepared to respond to a suicide death.
5. Consider becoming involved in suicide prevention.

## ***Understand***

You are well positioned to notice if members are struggling and to take the first steps in assisting them to get help. You spend a lot of time working day-to-day with each other and can observe changes in each other's behavior.

## ***Identify***

Be alert to problems that increase suicide risk. They include relationship problems or breakups, issues at work, financial hardships, legal difficulties, and deterioration in health. Be mindful that most individuals with risk factors will not attempt suicide.

## ***Respond***

Be prepared by knowing what to do (Ask Care Escort) and who to contact if someone is distress or suicidal. The WDPH and Supervisor are the appropriate first points of contact. If the danger for self-harm seems imminent, call 911.

## ***Be Prepared***

A suicide death or attempt can have profound emotional effects. Some may struggle with guilt and unanswered questions about what should have been done to help. Give yourself time and space to deal with your feelings so that the trauma can be managed.

## ***Become Involved***

Helping members who may be at risk for suicide is an important piece of suicide prevention. Become involved in the existing program and utilize your WDPH for education and training on mental health, suicide prevention, and stigma reduction for members.



# Chaplain's Corner

Chaplain, Capt. Robert Stone  
136th Airlift Wing Chaplain

**D**oes your family need a break in the action, time to reconnect with one another? Are you feeling like you want a weekend getaway to somewhere loaded with family fun? Well, look no further. Have we got a deal for you!

The Strong Bonds Family Wellness retreat is coming to the 136AW in August and again in September at the Great Wolf Lodge. And check this out: it is totally free! Now is the time to sign up you and your family for a great time.

You may ask, what exactly is Strong Bonds? And why should I use my weekend to attend? This is a program that the military sponsors for members to strengthen their families and personal relationships. Families will attend the weekend workshop which will improve communication and relational skills. Chaplains Bob Stone, Nathan Tucker and Paul Ferguson will facilitate the

workshops.

Right now, we need you to sign up and reserve your space. Although these events will not happen until August and September, we would like you to go ahead and get it on your calendar. We hope this gives you and your family time to discuss the details and plan to attend.

Children ages 0 - 6 will be in a safe environment with activities and games just for them. Youth ages 7 - 12 will be given the opportunity to participate in programs that work hand-in-hand with what their parents learn in their workshop. All other youth are encouraged to attend the general sessions with their parents.

To sign up or ask questions, please call the Airmen & Family Readiness office at 817.852.3558. You may also contact the chaplain staff at 817.852.3221 or stop by one of the chaplain offices during a UTA weekend. All families are welcome.

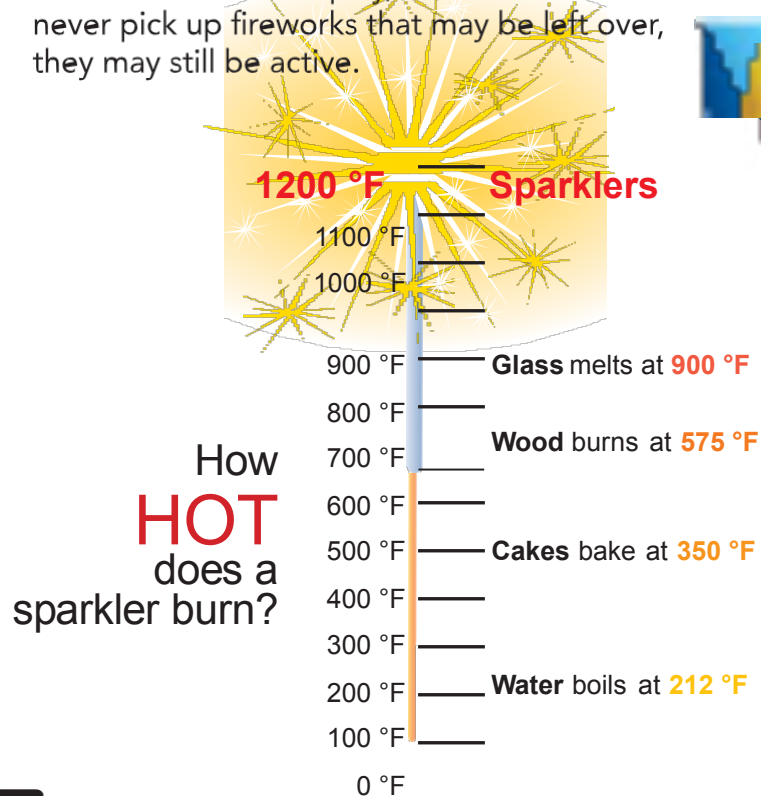


# Fireworks Safety

Fireworks during the Fourth of July are as American as apple-pie, but did you know that two out of five fires reported on that day are started by fireworks, more than for any other cause? The good news is you can enjoy your holiday and the fireworks, with just a few simple safety tips:

## PROCEED WITH CAUTION!

- » Leave fireworks to the professionals. Do not use consumer fireworks.
- » The safest way to enjoy fireworks is to attend a public display conducted by trained professionals.
- » After the firework display, children should never pick up fireworks that may be left over, they may still be active.



## Consumer fireworks

include sparklers and firecrackers. The tip of a sparkler burns at a temperature of more than **1,200 degrees Fahrenheit**, which is hot enough to cause

third-degree burns.

- The risk of fireworks injury is highest for children ages 5–19 and adults 25–44.
- Nearly 90% of emergency room fireworks injuries involve fireworks consumers are permitted to use.
- 200 people on average got to the emergency room everyday with fireworks-related injuries in the month around the 4<sup>th</sup> of July.



Your Source for SAFETY Information

# Camp opportunities for **ANG** youth

## ***Joint Reserve Component Teen Leadership Summit –***

Takes place July 7 – 12, 2013 at Wahsega 4-H Center: Dahlonega, Georgia.

Located in the Chattahoochee National Forest, Wahsega 4-H Center plays host to the Joint Reserve Teen Leadership Summit. During this week long adventure teens will participate in high adventure activities such as high ropes, zip line canopy tour, white water rafting, hiking, fishing, archery, survival classes, and more! Leadership classes taught throughout the week include True Colors and the General High H. Shelton Leadership Challenge. Attendees are introduced to Operation: Military Kids (OMK) and will meet community partners who make-up OMK teams such as 4-H, Boys and Girls Clubs of America, American Legion, Military One Source and Military Child Coalition. This Summit also includes military tradition and community service projects. Attendees will be made up from the Reserve and National Guard of the Army, Marine Corps, Navy, Air Force and Coast Guard.

Camp Cost- Airfare, transportation while at the Summit, camp registration, meals and lodging are covered by grant funding. Parents will be responsible for getting their teen to/from the airport, any baggage fees, spending money for snacks/souvenirs and meals during airline travel.

Apply to the camp at: [www.georgia4h.org/join-treservesummit](http://www.georgia4h.org/join-treservesummit)

Application Deadline is MAY 13, 2013

## ***Florida Water Adventure Camp***

Takes Place June 17 – 28, 2013 starts in Northwest Florida and travels throughout the state

This camp is available to youth ages 14-18 who have a parent serving in the active or guard components of all service branches nationwide. For attendees of last year's Joint Summit, do note that the Florida Adventure Camp is car camping and does not have a residential facility. Participants will travel throughout Florida by motorcoach, sleeping in "tent-cots" and participating in many high adventure activities such as kayaking, snorkeling, caving and basic survival skills.

Camp Cost- Airfare up to \$400.00, transportation while at the camp, camp registration, meals and lodging are covered by grant funding. Parents will be responsible for getting their teen to/from the airport, any baggage fees, spending money for snacks/souvenirs and meals during airline travel. If airfare is more than \$400.00 those families will be contacted by camp staff to make payment arrangements.

For Additional Information: <http://georgia4h.us1.list-manage.com/track/click?u=2c8ffaf4addeee6b281031516&id=b3afb22187&e=2550dd15ad>

Registration: Registration is currently open and closes May 1, 2013. Selected participants will be notified no later than May 13.

## ***OSD/OMK Camps***

Take place in approximately 30 states throughout the country at various times.

These camp programs focus on resiliency, creating a sense of belonging, and building skills in communication, self-efficacy, coping and social interaction. Each camp is unique in what it offers and the ages of campers involved.

Camp Cost – Any transportation expenses for the youth to attend the camp. All meals, registration and lodging are covered through grant funding.

Application deadlines vary.

For additional information visit: <http://www.4hmilitarypartnerships.org/p.aspx?tabid=205>

## ***Military Teen Adventure Camps***

Take place in approximately 9 states throughout the country at various times.

Would you like to spend time whitewater rafting, hiking, rock climbing, winter camping, backpacking, mountain biking, exploring the environment, running ropes courses, or practicing wilderness skills? What if you could do these activities with other military youth just like you?

Military teens (14-18 years old) will have an opportunity to participate in adventure camps scheduled May 2013 through February 2014 for FREE (transportation costs are also covered). These high energy, high adventure, and high experience camps are planned across the United States from Montana to Maine and from Colorado to Georgia as well as states in between. This is the perfect chance for you to experience the outdoors as you never have before!

Each camp offers a unique outdoor experience that will allow you to build your leadership, self-confidence, and teamwork skills while participating in activities like camp cooking and archery. Camps have funding available to assist with transportation costs.

Camps for youth with special needs (mental, physical, and emotional) are also planned in Vermont and New Hampshire. There is something for everyone!

Camp Cost- Airfare, transportation while at the Adventure Camp are covered, camp registration, meals and lodging are covered by grant funding. Parents will be responsible for getting their teen to/from the airport, any baggage fees, spending money for snacks/souvenirs and meals during airline travel.

Application Deadlines vary.

For additional information visit: [https://www.extension.purdue.edu/Adventure\\_camps/campsloc.html](https://www.extension.purdue.edu/Adventure_camps/campsloc.html)





Happy 4th Of July America



**136<sup>th</sup> Airlift**  
**Ft. Worth, TX Wing**



**3C3X1 - COMMAND POST**  
**JIW0X2 - (5) COMBAT WEATHER**  
**1A1X1 - (2) FLIGHT ENGINEER**  
**1A2X1 - (3) LOADMASTER**  
**3E4X1 - (2) WATER/FUEL SYSTEMS**  
**3D0X3 - CYBER SYSTEMS SURETY**  
**3E2X1 - (2) PAVE/CONSTRUCTION EQUIPMENT**  
**1P0X1 (E-8/E9) - AIRCREW FLIGHT EQUIPMENT**  
**2T3X1 - VEHICLE EQUIPMENT MAINTENANCE**  
**2T2X1 - (2) AIR TRANSPORTATION**  
**2A5X1 - (2) AEROSPACE MAINTENANCE**  
**2A6X5 - (2) AIRCRAFT HYDRAULICS**  
**1C7X1 - AIRFIELD MANAGEMENT**  
**3M0X1 - (2) SERVICES**  
**3N0X5 - (2) PHOTOJOURNALIST**

Officer Billets please visit [www.agd.state.tx.us](http://www.agd.state.tx.us) or Texas Military Forces for officer vacancies.